



My Next Steps:

Crisis Support During and After Transition from the Military

*Disclaimer: This Fact Sheet should not replace professional mental health services that may be needed to adequately respond to a crisis situation.
This Fact Sheet is for informational purposes.*



Question

Where can my family find help for an emotional crisis during and after our transition from military to civilian life?



Answer

As a military spouse, you know that life in the military can have its own unique stressors and hardships. Transitioning from military to civilian life can add an additional level of stress for your service member and your family. Many military families find that they need extra support during this stressful time. If you are concerned that transition from the military could be a time of crisis for you or your service member, know that there are resources to help during and after your service member's transition.

As a military spouse, you may be the first person to recognize that your service member is in crisis. The Military Crisis Line, also known as the Veterans Crisis Line, provides a thorough list of some symptoms and behaviors that an individual may exhibit while he or she is in crisis. For example, when someone may be considering suicide, he or she can be anxious or irritable, or he or she could neglect personal hygiene and withdraw from friends. This individual may also be performing poorly at work, acting recklessly or violently, or giving away prized possessions.*

By contacting Military Crisis Line through a phone call, online chat, or text message, your service member can get confidential support 24 hours a day, 7 days a week, 365 days a year. Hundreds of men and women in the military use this resource daily to get help dealing with chronic pain, anxiety, depression, anger, disturbing memories or transition-related issues. The Military Crisis Line is staffed by caring, qualified responders from the U.S. Department of Veterans Affairs who are specially trained to understand the challenges

that members of the military and their families face. As a spouse, you can also reach out to the Military Crisis Line to request help on behalf of your service member. Those who answer your call can connect you with care or help for your loved one.

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In addition to using the 24-hour Military Crisis Line, your family can get help from Vet Centers, Mobile Vet Centers, and the Vet Center Call Center during and after your service member's transition from active duty to veteran status. The community-based and mobile Vet Centers can provide counseling and assistance for a variety of military life issues, including readjustment counseling to assist with the transition from military to civilian life. Like the Military Crisis Line, the Vet Call Center provides around-the-clock, confidential help for veterans and their families.

With all of the support you give to your service member and your family, you may find that you could use some help.

Visit MySECO on Social Media



Resources at a Glance

- [Military/Veterans Crisis Line](#)
- 800-273-8255 Press 1
- TEXT 838255
- [Crisis Text Line](#) Text HOME to 741741
- [National Suicide Prevention Lifeline](#)
- 800-273-8255



Answer (cont.)

Resources are available for you to seek support too. One resource you can use is the Crisis Text Line, which provides 24 hours a day, 7 days a week, 365 days a year support via text messaging. By sending a text to 741741, you will be connected with a trained crisis counselor who can offer immediate help. Together, you can create a plan to stay safe and seek additional care. Likewise, the National Suicide Prevention Lifeline provides free and confidential emotional support to those who are experiencing emotional distress or are having thoughts about suicide. These resources are designed to get you connected to a crisis center in your area. Since these programs are available nationwide, your whole family, including your service member, can use them before, during and after the transition from military to civilian life.

Military life can put extra strain and demands on you and your family. You may find that the transition to civilian life may add even more stress, perhaps to the point of feeling unmanageable. Seeking help from a professional is one of the best ways to support and strengthen your family during this time. If you are concerned that your service member, you or your family could be heading for a crisis situation, use the resources that are available to get help, feel better, and stay on track towards a successful future.

* If you're in doubt about whether or not you or your service member is in crisis, call 911. Dispatchers are trained to help those in crisis.



Steps to Consider

These "Steps to Consider" are not meant as a checklist. Use the suggestions to facilitate a discussion with your service member.

- If you, your service member or someone in your family needs help dealing with stress, anxiety, depression or other emotional or mental issues that are becoming unmanageable, make the decision to seek help.
- Know some of the [signs, symptoms and behaviors of an individual in crisis](#). These can include showing signs of depression, anxiety, low self-esteem or hopelessness.
- If you are concerned that someone in your family, including yourself, could soon be in crisis, or is in crisis, use one of the following resources to get immediate help:
 - [Military Crisis Line/Veteran Crisis Line](#)
 - [Crisis Text Line](#)
 - [National Suicide Prevention Lifeline](#)
 - [Vet Center](#)



Resources

Military/Veterans Crisis Line Resources

- Military/Veterans Crisis Line: <https://www.veteranscrisisline.net/>; 800-273-8255 Press 1; Text: 838255
 - Overseas
 - In Europe: Call 00800 1723 8255 or DSN 118
 - In Korea: Call 0808 555 118 or DSN 118
 - In Afghanistan: Call 00 1 800 273 8255 or DSN 111
- Learn to Recognize the Signs of an Individual in Crisis: <https://www.veteranscrisisline.net/SignsOfCrisis/Identifying.aspx>

Department of Veterans Affairs Resources

- Vet Centers: <https://www.vetcenter.va.gov/>
- Vet Call Center Phone: 877-927-8387 (877-WAR VETS)

Other Call Centers

- Crisis Text Line: <https://www.crisistextline.org/>; Text: HOME to 741741
- National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>; 800-273-8255



Notes

Related MySTeP Topics

- Emotional Well-Being Supports for Transitioning Service Members and Military Spouses
- Managing Stress and other Non-medical Counseling Before, During and After Transition from the Military

- <https://myseco.militaryonesource.mil/portal/mystep>